



Re-introducing Healthy Church Workers website!

What is healthychurchworkers.com?

HealthyChurchWorkers.com was created by licensed therapist Jim Otremba for the spiritual, mental, physical and relational health of all Church workers. The website will contain free assessments and online classes to address a variety of issues that often plague church workers. The first two online classes are, "Naming and Taming Compassion Fatigue," and "Christian Stress Management." Simply go to the website, take the free assessments, type in your email address, and get your results immediately. Email addresses will never be sold.

How does it work?

"Naming and Taming Compassion Fatigue" uses a clinically approved assessment tool that reveals the Church worker's level of compassion fatigue. Church workers may then address their fatigue by taking online classes from the comfort of their own home. At the end of classes the Church workers will be asked to take the assessment again. With the Holy Spirit's blessing, the score will be lower, compassion fatigue will be reduced, and most importantly, a measure of joy and peace in the ministry will be returned to them. "Christian Stress Management" follows a similar format.

What time commitment is required?

The assessment tools take about five minutes each to complete. Following that, there are six online modules designed to enhance a Church worker's health. Each module features a 30-minute presentation by Jim and a corresponding document that can be printed out so the Church worker may better integrate the information into life. As stated above, Church workers may work at their own pace.

What else should I know?

At least two or three new online classes will be added in the future. Additional classes include: "Practices for Thriving in Ministry," "Ages and Stages of Christian Parenting (conception through the teen years)," and "Healing and Resurrecting our Marriages."

Who is Jim Otremba?

Jim has more than a decade of experience counseling and coaching Church workers from the MN North District and other Districts as a licensed therapist. He holds an M.Div and a M.S. in Applied Psychology and is finishing his doctorate in psychology. He is the owner and operator of the Center for Family Counseling, Inc. in St. Cloud. He and his wife, Maureen, present nationally on a variety of topics. Thousands of people throughout the U.S. use their Christian resources, retreats, and workbooks.

How much does this cost?

This is free for all Church Workers and their spouses in the Minnesota North District from September 1 to December 31, 2020. After that, a church can pay \$15.95 per month, with the ability to cancel any time without penalty. **This monthly fee covers all Church workers and their spouses, as well as volunteers at the Church.** In order to utilize the free classes, insert the phrase "freeforyou" in the "coupon code" before checking out. Then, click on "Apply Coupon" and you will have free access. Please do not share this code with anyone except Church workers, their spouses, and volunteers in your parish.

How do I get more information?

For more information contact Jim directly at jimotremba@gmail.com